



Beth Baker returns a ball in the doubles pickleball competition at Lubber Run Community Center where she plays with her partner Milly Stanges in the Northern Virginia Senior Olympics.

Senior Olympics Ultimate Competitions

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Walking to End Alzheimer's

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Halloween Ideas

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PHOTOS BY SHIRLEY RUHE / THE CONNECTION

FLOURISHING AFTER 55, PAGE 2 ❖ CLASSIFIEDS, PAGE 10



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FLOURISHING AFTER 55

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Travel Trivia, Travel the far reaches of the globe with this stimulating trivia challenge. Connect with 55+ friends and meet new people along the way. Thursday Oct. 7, 11:00 a.m. Registration #911601-2.

Meet Zoe for a Virtual Pet Visit, Meet Zoe a smart Yorkshire terrier who is a registered certified therapy dog and loves to entertain. Thursday Oct. 7, 10:30 a.m. Registration #911400-25.

Meditate and Create Relaxation, Reduce stress lower your blood pressure and change lifestyle habits that sap your energy. Thursday Oct. 7, 2:00 p.m. at Arlington Mill Community Center, 909 S. Dinwiddie St. Registration #911500-11.

Explore Painting, Join Jim Halloran from DPR's Office of Community Arts for an afternoon of painting. Friday Oct. 8, 1:00 p.m. at Aurora Hills Community Center, 735 18th St. S. Registration #911301-10.

All About Amazon, Learn about all the

features Amazon offers for consumers as Nick Englund technology guru discusses shopping music videos eBooks devices like Kindle and Fire TV and much more. Tuesday Oct. 12, 11:00 a.m. at Arlington Mill Community Center, 909 S. Dinwiddie St. Registration #911403-3.

Asian American Immigrant Voices, Russell Nauman operations manager of the Angel Island Immigration Station Foundation will discuss the history of the site conditions at the facility and stories of former detainees. Tuesday Oct. 12, 1:30 p.m. Registration #911400-26.

Acoustic Café, Enjoy music from the '50s to today! Meet and mingle as you listen to live unplugged music from various performers who have a love for music. Tuesday Oct. 12, 7:00 p.m. at Lubber Run Community Center, 300 N. Park Dr. Registration #911802-2.

Music Streaming, Spotify and other music streaming services are changing how we listen and discover music new and old discover them with us. Tuesday, Oct. 12, 7:00 p.m. at Arlington Mill Community Center, 909 S. Dinwiddie St. Registration #911403-4.

Memory Boost, Join Virginia Cooperative Extension to learn more about these foods and get some recipes to help boost your memory. Wednesday, Oct. 13, noon at Aurora Hills Community Center, 735 18th St. S.

SEE FLOURISHING, PAGE 4

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Amy Klobuchar Energizes Arlington Voters

“Knoctober” to get out the vote for McAuliffe, Ayala, and other Democrats on the ballot.



U.S. Rep. Don Beyer introduces U.S. Sen. Amy Klobuchar to the crowd of “get out the vote” activists in Clarendon.

BY EDEN BROWN
THE CONNECTION

U.S. Sen. Amy Klobuchar was welcomed by about 100 activists who rallied in Clarendon on Sunday, Sept. 26, to canvas homes around the county to get the word out that early voting had started. Klobuchar was there to knock on doors with members of the Arlington Democratic Party leadership, reminding voters that democracy has been severely tested in the past year and encouraging participation in the electoral process. Klobuchar spoke emotionally about the Jan. 6 assault on the U.S. Capitol and the subsequent inauguration two weeks later.

“I was there at 4 a.m., just me, Vice President Pence, and [Senator] Roy Blunt left in the Senate, with the two girls with the mahogany boxes walking over the broken glass. ... And two weeks later, we were on that platform, literally you could still see the spray paint on the columns [of the Capitol] ... and then we said, ‘We are taking back our democracy,’” Klobuchar said.

“And on Jan. 6th, when it looked like insurrectionists were taking over the government, you know who came in and saved us? The Virginia National Guard!”

Micaela Pond hosted the candidates and activists in her yard,

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Terry McAuliffe and Amy Klobuchar posed for pictures for many of the attendees, including George Kizer and friend, holding canvassing material.

Klobuchar Praises Arlington Public Schools

which included Arlington parents, students and teachers. Klobuchar’s daughter, Abigail Bessler, graduated from Washington and (then

Lee) High School in 2013, and Klobuchar said she will always be grateful to the Arlington public school system and its educators for the great start her daughter got at W and L, especially the values it instilled in her.

“Not everyone who goes to that high school comes from the same

SEE AMY KLOBUCHAR, PAGE 4

Early Voting Is Underway

All Arlington voters are eligible to vote at Courthouse Plaza, 2100 Clarendon Blvd., between now and Oct. 30. Two more locations will be available to any Arlington voter beginning Oct. 23, Madison Community Center, 3829 N Stafford St. and Walter Reed Community Center, 2909 16th St. S. For hours and more details, see <https://vote.arlingtonva.us/Early-Voting>

PHOTOS BY EDEN BROWN/THE CONNECTION



Hala Ayala, candidate for Lieutenant Governor of Virginia, speaks to the group in Arlington as they prepare for “Knoctober.” Ayala reminded the “get out the vote” activists that she would make history as the first woman, and first Afro-Latina woman, to be elected to the state’s second highest office.



Micaela Pond, who hosted the candidates in her yard, and Kathleen Murray (center) stood with candidate for governor Terry McAuliffe before spending the afternoon canvassing Arlington to get out the vote. Their shirts reflect the slogan popularized by Del. Wendy Gooditis, D-10, running for reelection in Loudoun County: Don’t Texas My VA

Amy Klobuchar Energizes Arlington Voters

FROM PAGE 3

privileged background,” Klobuchar said, but once they enter that “beautiful school and have those amazing teachers,” students have an opportunity to succeed and be on equal footing. Her daughter was awarded the Presidential Scholar Candidate distinction by W and L in 2013, and went on to study at

Yale University.

Klobuchar was introduced by U.S. Rep. Don Beyer, and she in turn introduced Lieutenant Governor candidate Hala Ayala, who spoke for a few minutes before introducing Terry McAuliffe, candidate for governor. Each of them reminded those who were gathered to knock on doors that this election

is critically important because, “Democracy is on the ballot.” Klobuchar, Ayala, Beyer, and McAuliffe recognized that many in the crowd were tired; they had worked hard in 2020.

But as McAuliffe said, “We need to get to work and not stop until Nov. 2nd. Sleep when you are dead!”

The sense of urgency conveyed by the speakers did its job.

Those who attended the event said the rally was just what people needed as they head into the month before an important election: the sense that what they are doing really matters to the future of the country and Virginia.

FLOURISHING AFTER 55

FROM PAGE 2

Registration #911500-12.

Andean Adventures: A Life of Service, Prepare to be inspired by this remarkable life story of global public service and adventure. Allan J. “Alonzo” Wind retired Senior Foreign Service Officer from the U.S. Agency for International Development (USAID). He will share his story and the powerful lessons he learned about life’s meaning and purpose. Wednesday Oct. 13, 1:30 p.m. Registration #911400-28.

Acoustic Afternoon, Join Arlington residents Ed Girovasi and Phil Rosen for an Acoustic Hour featuring classic pop folk and blues tunes from across the decades. Wednesday Oct. 13, 2:30 p.m. at Langston-Brown Community Center, 2121 N. Culpeper St. Registration #911802-5.

Genealogy Discussion Group, Join local genealogist Susan J. Court to discuss your questions and challenges regarding researching and chronicling your family history and to share your discoveries and techniques with fellow

genealogists. Wednesday Oct. 13, 3:00 p.m. Registration #911402-5.

Movie Discussions, We’re calling all cinema lovers to meet to discuss a new film every month, the movie will be Notorious. Thursday Oct. 14, 3:00 p.m. Registration #911402-8.

Online Payment Apps: Venmo & PayPal, Learn the ins and outs of Venmo a PayPal service that allows you to split checks and send money to friends and family without needing cash or

checks. Think of it as a social app for paying! Thursday October 14, 6:00 p.m. at Lubber Run Park, 200 N. Columbus St. Registration #911403-5.

The Most Extreme Rule Breakers, in nature with every rule there is an exception join a naturalist as they look at 10 “EXTREME” animals who defy the normal rules of nature in order for them to thrive in their wild world. Thursday Oct. 14, 7:00 p.m. Registration #911400-30.

CALENDAR

NOW THRU OCT. 29

“Water” Barry Keith. At Gallery Underground, 2120 Crystal Drive, Arlington. “Water,” a solo show of large-scale acrylics by artist Barry Barnett Keith. Keith is a native of Alexandria, and a product of Alexandria City Public Schools. He began drawing Marvel and D.C. comics superheroes at a very early age for friends in grade school. After graduating from TC Williams High School in 1978, Keith went on to the University of Delaware art school,

where he majored in Painting, Drawing and English. Visit the website: <https://galleryunderground.org/>

OCT. 8-31

“Proof.” 8-10 p.m. At Theatre on the Run, 3700 S. Four Mile Run Drive, Arlington. Peter’s Alley is back with the Pulitzer Prize Winning “Proof” by David Auburn, and what better way to commemorate the rebirth of Live Theater than with this witty classic of

contemporary American theater? Cost is \$20. Preview performance is Thursday, 10/7; Opening Night Friday, 10/8 at 8 p.m.; 10/9, 10/15, 10/16, 10/22, 10/23, 10/28, 10/29, 10/30 at 8 p.m.; Sunday 10/17, 10/24, 10/31 at 3 p.m. Visit the website: <http://www.petersalley.com>.

Theatre regale you and your families with colonial folktales and songs featuring ghostly encounters and mysteries. Wear a costume. Bring a blanket or chair. Cost is \$20. Visit the website: <https://arlingtonhistoricalsociety.org/events>

OCT. 12 TO NOV. 30

Forty + Project. 12:30 to 1:30 p.m. Jane Franklin Dance, 3700 S Four Mile Run Drive, Arlington. Forty+ celebrates the collective creativity of people past the age of 40. Each project features a different choreographer. The goal is a unique tapestry of collaboration between choreographer and performers. Cost: \$160 for the 8 session series Visit the website: <https://janefranklin.com/adult-dance/forty-plus>

SATURDAY/OCT. 9

Spooky Songs and Scary Stories. 6-7:30 p.m. At Ball-Sellers House, 5620 3rd Street, South, Arlington. What supernatural stories and songs did Colonial residents of the Ball-Sellers House tell each other on cool autumn nights? They will give you a sample to help make your Halloween historic. Join them under the stars as actors and singers from Guillotine

BULLETIN BOARD

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before the event.

WEDNESDAY/OCT. 6

Information Night for Spring 2022 Extension Master Gardener Volunteer Training Program. 7-8:30 p.m. Online. Love gardening and the environment, and want to share your knowledge with our community? Then consider becoming an Extension Master Gardener! Come to Information Night and learn what EMGs do and the requirements of the volunteer training program. You will meet our Extension Agent Kirsten Conrad and Program Coordinator Leslie Fillmore, as well as many of our dedicated volunteers. You will learn how to apply to the program and be able to ask recent graduates of our volunteer training program about their experience. Free.

THURSDAY/OCT. 7

LWV-Arlington Candidate Forum. 7-8:30 p.m. Online. The League of Women Voters of Arlington County and their partners, AAUW of Arlington, the Virginia Interfaith Center for Public Policy, and Northern Virginia Alumnae Chapter, Delta Sigma Theta Sorority, invite you to join their Candidate Forum for the Nov 2 Election. Meet the candidates from Arlington who will be on the ballot in November. You will be able to ask your questions to candidates in breakout rooms. Register here to get the Zoom link: <https://lwvarcandidateforum.eventbrite.com>.

FRIDAY/OCT. 8

Native Flowers, Fruits and Foliage for Fall. 10-11:30 a.m., Online. October marks a slow-

ing down of the growing season, but there are still many native plants you might consider adding to your garden to introduce long-lasting blooms and colorful foliage to the fall landscape. Extension Master Gardener Elaine Mills will discuss over 40 plants native to the Mid-Atlantic region, including perennials, ground covers, vines, shrubs, and trees that will offer important support for local wildlife as well as beauty. She will describe characteristics, attributes, and maintenance tips specific to these native plants and offer ideas for landscape uses. Elaine is the creative force behind the resource Tried and True Native Plant Selections for the Mid-Atlantic and is the co-coordinator for the Glencarlyn Library Community Garden, a Virginia Cooperative Extension Demonstration Garden in Arlington, Virginia. Free. RSVP at <https://mgnv.org/events/> to receive link to participate.

SATURDAY/OCT. 9

E-CARE Recycling Drop-off Day. 8:30 a.m. to 3 p.m. At 1425 N. Quincy St., across from Washington-Liberty High School and the David M. Brown Planetarium. Returning for the first time since 2019, the group Bikes for the World will take bicycle donations for use as basic transportation overseas. Also, back for Oct. 9: a special collection area dedicated to metal item recycling.

FRIDAY/OCT. 15

Native Trees: How to Select, Plant and Transplant. 10 – 11:30 a.m. Online. A significant proportion of our area’s urban tree canopy depends upon the efforts of thousands of residents to care for mature trees and plant new ones on privately held properties from

SEE BULLETIN, PAGE 11

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Chien-Shiung Wu Costume.

STEM Nonprofit Says “Boo!” To Boring Halloween Costumes

Halloween is almost here and Rosie Riveters, a Northern Virginia nonprofit dedicated to engaging and inspiring girls in STEM, is offering free guides for costumes and trick-or-treat bags inspired by famous women in STEM.

The Arlington organization is focusing on five women scientists and engineers — Ellen Ochoa, Marie Curie, Katherine Johnson, Chien-Shiung Wu, and Jane Goodall — and is providing free, and easy-to-follow instructions to assemble the costumes possibly purchasing some items, using things families might already have on hand, or some combination. Children can also design trick-or-treat bags to accompany their costumes, and the organization is recommending picture-book biographies to learn more about each of the real women in STEM who are featured.

“We love sharing the stories of pioneering women in STEM - which are often minimized or forgotten - and are so excited to do it this year with Halloween costumes,” said Katherine Rieder, Director of External Affairs at Rosie Riveters. “We

hope that conversations centered around the ‘who are you dressed up as’ question will allow children to delight in the knowledge they’ve gained while creating and building their own costumes and simultaneously share that knowledge with others.”

The costume guides will be posted throughout the month of October on Rosie Riveters’ website at http://www.rosieriveters.com/wis_halloween and on Instagram (@RosieRiveters).

Rosie Riveters is a nonprofit whose mission is to equip and empower girls from diverse backgrounds to be strong, confident, and competent in STEM. Founded in 2015 in Arlington, Va., Rosie Riveters has served more than 4,000 girls across Arlington and Fairfax counties via interactive STEM programs, the majority of which are offered to participants completely free. Since the start of the COVID-19 pandemic, the organization has distributed 2,300 STEM kits to keep children at Title 1 elementary schools and community centers engaged in STEM. www.RosieRiveters.com.



Marie Curie Costume

PHOTOS COURTESY OF ROSIE RIVETERS

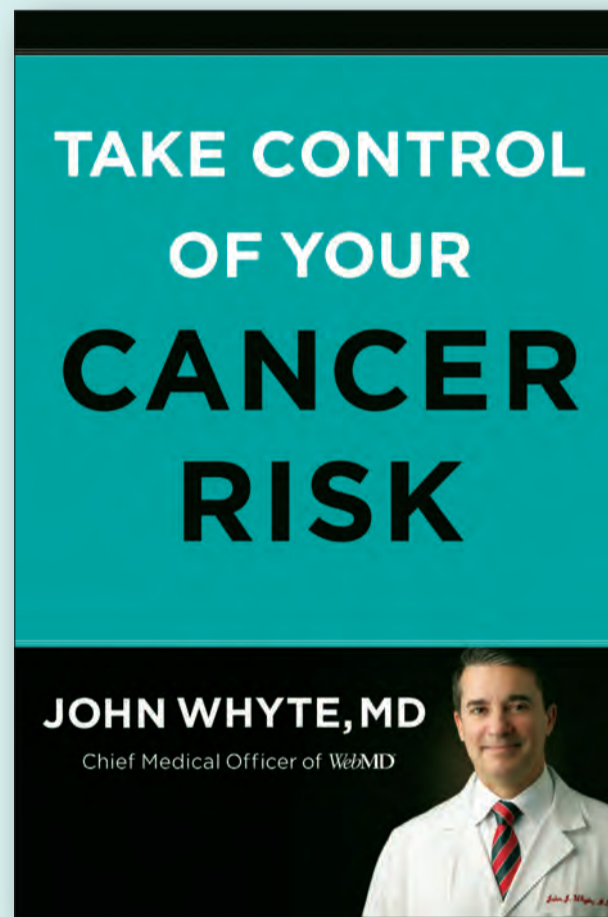
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Competitors Wind Up as NVSO Winds Down

BY SHIRLEY RUHE

The tossing, swinging, splashing, thinking and sweating is over for one more year as the 39th Northern Virginia Senior Olympics winds down on Thursday, Sept. 30 with the final events. Hundreds of competitors have challenged themselves and each other in more than 60 events from swimming, tennis, football throw, croquet, crossword puzzles, to the final horseshoes and bocce competition at Fairfax City Senior Center Green Acres.

Fifty three competitors have signed up for horseshoes and 45 for bocci. The brackets are in ten year age groups from 50-100+ years old with male and female divisions.

A cool had warmed up to shirt-sleeve weather by the time the 90-99 year women's bocci match took off at 10 a.m. Janine Bland and Barbara Scholtz, wearing matching T-shirts from the Jefferson retirement community where they live in Arlington, led off the competition. Scholtz says she just started playing bocce a few months ago.

Bland takes the gold with a score of 7-4, and Scholtz the silver. Scholtz had won two gold medals earlier in the games in the 800 and 1600 meter walk. After the ceremony Scholtz chats with Nick Garito who is waiting to play his match in the 90-99 years men's age group.

But it turns out there aren't any other competitors in this age group for men. "Three of my regular opponents have died," he explains. They officials inform Garito they will pair him up in the 80-89 year age group and, "it will be a surprise."

Meanwhile Herb Levitan from Arlington and Nicholas Frandis from the City of Alexandria pair up in the adjoining bocce court. Each player gets four balls, and they play a single elimination match to 7 points. The bocce ball is rolled to get as close to the pallino (target) ball as possible. When a ball touches the pallino and a dollar bill cannot come between them, it equals two points.

"Blue is the closest, red throws." At one point the billfold gets pulled out to see if the pink ball is touching the pallino. The referee says, "But you have to agree. Do you agree?"

Competitors have their cheering sections standing along the sidelines. "Ohhh, nice throw." An observer is heard to explain, "Some people roll the ball, others, lob and others almost throw."

Nearby horseshoe competitors are practicing before the matches



Stephen Neal, Chantilly, practices horseshoes before the men's 50-59 year competition on Thursday, Sept. 30.



Herb Levitan, Arlington, competes in the bocce ball 70+ age category at the Northern Virginia Senior Olympics against Nicholas Frandis (back left) from the City of Alexandria.



Janine Bland (left) takes gold and Barbara Scholtz the silver at Fairfax City Senior Center Green Acres on Saturday, Oct. 1. Both are residents at the Jefferson in Arlington.



Barbara Scholtz from Arlington competes in the 90+ women's bocce category in the Northern Virginia Senior Olympics.



Janine Bland from Arlington competes in the 90+ bocce ball in the Northern Virginia Senior Olympics.



Jack Katosh, Arlington, practices horseshoes before the 70-79 age group competition in the Northern Virginia Senior Olympics begins at Fairfax City Senior Center.

PHOTOS BY SHIRLEY RUHE THE CONNECTION

set to begin at noon. They hope for a ringer (3 points) or maybe a leaner (2 points) and a pone point 6, inched away is better than nothing. Stephen Neal from Chantilly in the 50+ age group throws alongside Jack Katosh from Arlington in the

70+ age group.

Some competitors will put their medals in the drawer until next year while others will take a short breather and then begin practicing for next year, or to go on to nationals.

Senior Olympics Wind Down but Pickleball Courts are Full

BY SHIRLEY RUHE

It's 9 o'clock sharp and the NVSO pickleball 60+ women's doubles are in full swing at Lubber Run Community Center in Arlington. Mary Beth Wilson and Peggy Tugwell (Tug) are playing Milly Stanges and Beth Baker in court A in the first round of the tournament on Tuesday, Sept. 28.

Contestants play the best two out of three games for the gold. First game goes to Wilson and Tugwell 11-3.

Men's doubles are set to follow at 9:30 a.m.

One contestant arrives with a hearty greeting. He hasn't seen his pickleball friends since the last NVSO but it seems like yesterday.

"You're late."
"Just a minute; my game starts at 9:30."

"What size T-shirt?"
"Large. No, extra large. Don't want to crimp my biceps."

Herb Levitan, long-time competitor and event director of several of the games, is on the sidelines holding a pickleball in each hand. The pickleballs appear identical at first glance. But one of them is for indoor pickleball with different size



NVSO volunteers check in pickleball contestants at Lubber Run at the competition September 28.



Peggy Tugwell hits a return ball at the NVSO pickleball competition at Lubber Run Community Center. She and her partner, MaryBeth Wilson, won round one of the three game competition.

PHOTOS BY SHIRLEY RUHE/THE CONNECTION

holes, and the games have been moved to outdoor courts. Who knew?

Northern Virginia Senior Olympics competitions began Sept. 18 with the opening ceremony at Thomas Jefferson Community Center followed by track events in the afternoon. Diving followed

the next day with more than 50 events on the following days held at venues all over the northern Virginia area. From orienteering at McLaren Sargent Shelter at Lake Accotink Park, to Wii bowling at Greenspring Retirement Community to 8-ball pool at Lincoln Senior Center, the variety was on display.

A few events were rained out and rescheduled, a few such as croquet were moved, and a few weren't held this year due to COVID restrictions.

NVSO finished its 39th year on Thursday, Sept. 30 with bocce and horseshoes at Fairfax City Senior Center, Green Acres.

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Why I'm Walking to End Alzheimer'

Alexandra Conner

Hometown: Arlington, VA

Team Name: My dad - Bob Conner, who died on Sept 16 ...

https://act.alz.org/site/TR/Walk2021/DC-NationalCapitalArea?pg=team&fr_id=14365&team_id=702572&skip_login_page=true

Participating in the DC Walk on Oct. 9

Q. How many years have you been involved with the Walk?

I've been involved for the last 4 years.

This year I've raised \$2,035 and my team as a whole raised \$2,135.

I support the Walk and the Alzheimer's Association in honor of my father who passed away on Sept. 16, 2021 after a long battle with Alzheimer's. I want to continue to raise awareness so that future generations do not have to endure losing their loved one to this disease.

Q. Please share a favorite memory of your loved one.

A. It's hard to pick just one memory with my dad because we were always so close. My dad taught me to appreciate good music and beer, to try every sport known to man at least once, and how to love and cherish every moment in life. He loved live music, entertaining, dancing, traveling, relaxing at the bay, and was always the life of the party with a story to tell. There are so many wonderful memories that I got to share with him even after the Alzheimer's disease took hold of him.

If I really have to pick one memory it would probably be from two years ago when my dad walked me down the aisle at my wedding in Ireland. Considering the stage of Alzheimer's that my dad was in I didn't think that it was going to be possible for him to come, but with support from my entire family and my husband's family, we were able to bring my dad to Ireland. I will forever cherish that special moment with him.

Q. What would you say to someone to encourage them to join the Walk?

A. This disease has affected the lives of so many individuals and caretakers and the number of those living with Alzheimer's or dementia will continue to increase every year. We need to find a cure so that our chil-

dren and future generations don't face the same fate.

Alzheimer's Association Walk to End Alzheimer's

Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. Since 1989, the Alzheimer's Association mobilized millions of Americans in the Alzheimer's Association Memory Walk; now the Alzheimer's Association is continuing to lead the way with Walk to End Alzheimer's. Together, we can end Alzheimer's.

Walk to End Alzheimer's - Washington, D.C.

https://act.alz.org/site/TR/Walk2021/DC-NationalCapitalArea?fr_id=14365&pg=entry

Saturday, Oct. 9

National Mall

Registration opens at 8 a.m.

Ceremony starts at 9:30 a.m.

For more information, contact Faith Anderson at 703.766.9035 or fanderson@alz.org

Walk to End Alzheimer's - Northern Virginia

https://act.alz.org/site/TR/Walk2021/DC-NationalCapitalArea?fr_id=14363&pg=entry

Sunday, Oct. 24

Reston Town Center

Registration opens at 8 a.m.

Ceremony starts at 9:30 a.m.

For more information, contact Shiri Rozenberg at 803-371-9793 or shrozenberg@alz.org

Registration information

Sign up as an individual, team member or Team Captain. While there is no fee to regis-



Alzheimer's walker Alexandra Conner with her father, Bob Conner, at her wedding.

ter for Walk, all participants are encouraged to raise critical funds that allow the Alzheimer's Association to provide 24/7 care and support and advance research toward methods of prevention, treatment and, ultimately, a cure. Learn more and register at alz.org/walk.

The Promise Garden

The poignant Promise Garden ceremony is a mission-focused experience that signifies the solidarity of the Walk participants in the fight against the disease. The colors of the Promise Garden flowers represent people's personal connection to Alzheimer's.

Blue: Someone living with Alzheimer's or another dementia.

Purple: An individual who has lost someone to the disease.

Yellow: A person who is currently supporting or caring for someone living with Alzheimer's.

Orange: A participant who supports the cause and the Association's vision of a world without Alzheimer's and other dementia.

Safety information

Walk to End Alzheimer's is happening — and you can join us at your local event or Walk From Home in your neighborhood. With the health and safety of participants, staff and volunteers as top priorities, the Walk will implement safety protocols including physical distancing, masks (where required), contactless registration, hand sanitizing stations and more. Per CDC guidelines around crowded outdoor settings, we ask that all Walk attendees be vaccinated against COVID-19 or wear a mask when in an overcrowded area. Masks will be available on-site.

"While the recent Delta variant surge may impact the way we walk, it doesn't change the reason we walk," said Kate Rooper, president and CEO of

the Alzheimer's Association National Capital Area Chapter. "More than ever, with the dollars raised, the Alzheimer's Association can continue to provide care and support to families during these difficult times while also advancing critical research toward methods of treatment and prevention."

Alzheimer's Association

The Alzheimer's Association is a world-wide voluntary health organization dedicated to Alzheimer's care, support and research. Its mission is to lead the way to end Alzheimer's and all other dementia. Visit alz.org or call 800.272.3900.

Serve on the Community Oversight (of Police) Board

Arlington County Board is seeking applications from residents interested in serving as part of the County's new Community Oversight Board (COB) that will have independent oversight and increase transparency and collaboration with the Arlington County Police Department. This volunteer oversight board will work directly with an accompanying Independent Policing Auditor, who will be hired at a later date. <https://departments.arlingtonva.us/cmo/police-practices-work-group/proposed-law-enforcement-civilian-review-board-and-independent-policing-auditor/>

View the complete ordinance in the Arlington County Code.

"The Community Oversight Board is a critical step forward for Arlington. We heard from hundreds of residents who asked for the additional transparency and oversight that this board envisions," said Arlington County Board Chair Matt de Ferranti. "Today we are calling for applications to serve on the Oversight Board in order to build and strengthen trust with our entire community. Our County Manager, Police Chief, and officers support this work, and we look forward to reviewing the applications and getting the board started over the coming months."

The police oversight board will consist of

seven voting members who are residents of the County and reflect the demographic diversity of the County as well as two non-voting members with prior experience in law enforcement, all of whom will be appointed by the County Board. This oversight board and an Independent Auditor/Monitor will be charged with conducting concurrent investigations where warranted, reviewing citizen complaints, performing policy reviews, and recommending/reviewing police disciplinary actions where appropriate, among other duties.

Those interested in serving on the COB may complete an application form online <https://countyboard.arlingtonva.us/com->

[community-oversight-board-application/](https://countyboard.arlingtonva.us/community-oversight-board-application/)

Applications will be received through Nov. 12. County Board members will then review applications before appointing the inaugural COB members with the goal of the oversight board beginning its work in Spring 2022.

Once appointed, the Community Oversight Board members will assist the county manager in the recruitment and selection of the Independent Policing Auditor.

Arlington County has also joined NA-COLE — the National Association of Civilian Oversight of Law Enforcement — which provided training for the County Board and staff and recommendations on effective practices for soliciting and selecting members of the new oversight board.

Keep Your Distance



- Stay at least 6 feet away from others who do not live with you
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cdc.gov/coronavirus



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A lot of space for working from home. First floor office or bedroom suite with private outside entrance--great for working from home. Located only 7 miles from The Capitol and minutes from Reagan National Airport and Crystal City/Amazon HQ2 and the Metro, 305 Charles Alexander Court, known as "Mount Ida" stands on a hill in the tradition of a neoclassical mansion and possesses distant views of the Potomac River and the hills of Washington, D.C. Architectural changes over the years have incorporated the classical tradition including plaster over masonry interior walls, antique chandeliers, arched doorways, Beaux Arts paneling and moldings, plaster friezes and a spectacular entryway, all the while including such modern amenities as a gourmet, eat-in kitchen with semi-precious granite counter tops, top of the line appliances, renovated bathrooms and a gas generator. These features combined with ample off-street parking and elegant, spacious rooms provide an ideal setting for entertaining while maintaining the warmth and comfort of a home that is perfect for daily living. The property sits in the neighborhood with the Alexandria Country Day School and is only three blocks from the St. Stephens and St. Agnes lower school. Great for entertaining during the pandemic while following social distancing guidelines. (MLS # VAAX250358) **\$2,450,000**

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Is It Safe To Trick-or-Treat This Year?

Some COVID-19 mandates have been lifted, some precautions are still urged.

BY MARILYN CAMPBELL
 THE CONNECTION

After Angela Morgan's father died from COVID-19 earlier this year, she was devastated, and she was moved to change her mind about safety precautions. Before her father died, she was annoyed by mask mandates and refused to get a COVID-19 vaccine. As Halloween approaches, Morgan says she has concerns about taking her daughters, ages three and seven, trick-or-treating.

"Halloween is very popular in my neighborhood," said the Bethesda mother. There are hundreds of kids and their parents out and about, almost every house is decorated and the owners give out loads of candy. It will be impossible to avoid crowds and I probably won't be able to stop my seven-year-old from running up with her friends to every house that's giving out candy. My three-year-old is frightened by Halloween costume masks, so I don't know how I'm going to handle that."

Marked by costumes, trick-or-treating and visiting with friends and neighbors, Halloween is one of the sweetest and most popular holidays of the year. With COVID-19 cases and the Delta variant spreading, navigating this time-honored holiday tradition will be complicated for some parents, especially those with children who are under 12, too young for a COVID-19 vaccination.

"Although trick-or-treating occurs outside where the risk of COVID-19 transmission is less, if kids go in groups, there is likely not to be social distancing and there will be contact with people in a lot of different households handing out candy," said Lucy H. Caldwell, director, communications, Fairfax County Health Department. "While some COVID-19 measures are no longer mandatory, it's still important to take precautions to prevent COVID-19 as disease transmission is still happening in our community at a high level. Wearing a mask would be a good thing to do. The CDC has the Halloween Activity Checklist for Parents." <https://www.cdc.gov/coronavirus/2019-ncov/downloads/daily-life-coping/Trick-or-treating.pdf>.

Like Morgan's daughter, there are young children



CONNECTION FILE PHOTO BY SHIRLEY RUHE FROM 2020

One way to avoid close contact for Halloween trick or treating: Arlington homeowner sends candy or a stuffed animal down one of the two Halloween chutes he built out of leftover heating pipe for Halloween last year.

who are frightened by Halloween masks that can offer a layer of protection, says Glenda Hernandez Tittle, PhD. education professor at Montgomery College. "If children are afraid of Halloween, it is important to acknowledge those feelings," she said. "Consider selecting fun and interesting costumes for children. Make the connections that Halloween is about pretending and costumes allow us to do that on this day."

Of all the Halloween traditions, trick-or-treating is one of the riskiest because it often means large groups of children crowded around a neighbor's front door grabbing for candy.

"Even though we all love candy, it's not worth putting yourself or others at risk," said Kurt Larrick, Assistant Director, Arlington County Department of Human Services. "Masks, distancing, handwashing, testing, and vaccinations are all important layers of protection when it comes to COVID safety."

Though COVID might be at the forefront of conversations about Halloween safety, Larrick advises the public not to forget other safety measures. "Drive and bike slowly and take precautions at intersections," he said. "There will be many more people of all ages walking around on Halloween than your typical weekday evening, so be sure to take extra care."

"Wear reflective clothing, have a flashlight ... don't pet dogs you don't know [and] don't eat foods that are not wrapped," added Caldwell.



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BULLETIN BOARD

FROM PAGE 4

single family homes, to townhouses, to apartment complex shared greenspaces. Extension Master Gardeners Amy Crumpton and Alicia Martini will discuss best practices for caring for trees. Amy will describe how to assess your site's conditions for new tree plantings and how to select from the many native tree species that thrive in our area. Alicia, Coordinator for the Small Trees Make Big Canopies program, will describe the program and share her expertise on how to transplant found tree seedlings. Free. RSVP at <https://mgv.org/events/> to receive a link to participate.

DONATIONS

Rock Springs UCC Church, 5010 Little Falls Road, Sundays 9 a.m.-noon only. (Look for the donation bin on the Rock Spring Drive side of the church).

Pet Food Bank. AWLA is establishing a Pet Food Bank to serve qualifying residents of Arlington County and the City of Falls Church. In consideration of the effect financial obstacles have on a pet owner's ability to afford pet care, the AWLA Pet Food Bank program's goal is to keep family pets out of shelters. If you are an Arlington County or City of Falls Church resident and are in need of assistance in feeding your pet, follow this link and fill out a pre-registration form. Visit goo.gl/forms/s2FuFdaYwDZm4tPw2.

GET MORE WITH SNAP

Arlington and Alexandria Farmers' Markets accept SNAP/EBT (Supplemental Nutrition Assistance Program) cards for purchases. SNAP/EBT customers can purchase farm fresh produce at local area farmers' markets and get matching bonus tokens to add to their purchases. Virginia Cooperative will be on-site at several local farmers' markets of Alexandria and Arlington to provide more information on SNAP and offer food tastings, prizes and more at the Arlington Farmers' Market, N. 14th and Courthouse Road (second Saturday of the month) and Columbia Pike Farmers' Market, 2820 Columbia Pike (third Sunday of the month).

ONGOING

Online Salary Negotiation Workshop. AAUW (American Association of University Women) Work Smart is free online for anyone looking to learn how to negotiate a salary increase or promotion. Why is negotiation so important? AAUW's research on the gender pay gap shows that, one year out of college, women are already paid significantly less than men. Visit salary.aauw.org.

Create a Wildlife Sanctuary. The Audubon at Home Wildlife Sanctuary certification program assists homeowners in restoring their home's natural habitat by providing information on sustainable gardening practices. These practices include using native plants, removing invasive species, reducing use of pesticides and fertilizers, and creating space for native flora and fauna. Visit audubonva.org/audubon-at-home-1/ for more.

Naloxone (Narcan) can save the life of someone who is overdosing, if given in time. Anyone who assists a person in need is protected from liability by the Good Samaritan Law. Naloxone (Narcan) is available without a prescription for a fee at all pharmacies. Obtain it for free by attending a REVIVE! training. Contact Emily Siqveland at 703-228-0913 or esiqveland@arlingtonva.us or visit health.arlingtonva.us/opioid-awareness/ for available training sessions. The Chris Atwood Foundation also offers training to the public. Visit www.chrisatwoodfoundation.org/naloxone for details.

Monthly Memory Café. 1-3 p.m. at 7910 Andrus Road, Suite 6, Alexandria. The Memory Café, a social gathering for individuals living with memory loss and their families, will be held on the first Friday of every month. Registration is free and highly recommended to reserve spots, which are open on a first come first served basis.

To reserve a spot, please call 571-210-5551 or email bdesai@seniorhelpers.com. Visit www.dementiacareconnections.com/memory-cafe

or www.seniorhelpers.com/arlington-alexandria-va for more.

Walk-Fit. Ongoing Tuesdays and Thursdays 8:30-9:30 a.m. at Fashion Center at Pentagon City, Arlington. Participants walk at their own pace in a safe and friendly environment. Group stretch and cool down led by Virginia Hospital Center staff at 9:15 a.m. Meet on the first level by Nordstrom. Call 703-558-6859.

Arlington County, in partnership with the Human Rights Commission's Equality Task Force, has launched a web page with resources for the LGBTQ community. The new webpage compiles LGBTQ resources on a variety of topics, including homelessness and housing, domestic violence and sexual assault, and health.

There are also topics specifically for teens and youth — such as scholarship opportunities and school clubs — as well as ones targeted at seniors and older adults, such as SAGE. Visit topics.arlingtonva.us/lgbtq-resources.

Aging Matters. 2-3 p.m. Tuesdays on WERA 96.7 LP FM on Arlington's community radio station. Each week host Cheryl Beversdorf interviews individuals with expertise about a broad array of aging related topics affecting the lives of older adults and their loved ones. Visit www.facebook.com/agingmatterswera to listen to programs.

Volunteer Bike Repair Night. First Tuesday of the month, 6-9 p.m. at Phoenix Bikes, Barcroft Park, 4200 S. Four Mile Run Drive. Volunteers gather to refurbish bikes, sort parts or help with essential tasks. No experience necessary.

Public Financial Fraud, Waste and Abuse Hotline. On Tuesday, Nov. 15, the Arlington County launched a new public hotline that offers a confidential and secure way to report suspected incidents of financial fraud, waste and abuse.

Anyone can submit a complaint to the hotline at 1-866-565-9206 or at arlingtonva.ethicaladvocate.com. The hotline website is available in English and Spanish. Phone calls can be taken in many languages.

Created by the Arlington Initiative to Rethink Energy (AIRE) in partnership with the Arlington Public Library, the nation's First Energy Lending Library made its debut on Earth Day. Meant to resolve energy issues in the Arlington community, efficiency tools such thermal imaging cameras, energy meters and books play a vital role in achieving a "greener" home. Open Sun-Sat 10 a.m.-9 p.m. 1015 N. Quincy St. Visit library.arlingtonva.us/locations/central-library or call 703-228-5990.

Arlington Rotary Club Lunches. Thursdays, 12 - 1:30 p.m. at the Marriott Residence Inn at Courthouse, 1401 N. Adams St., Arlington, VA. Organization brings together political and business leaders for humanitarian services. Eat and listen to guest speakers on various topics of interest. Admission is \$20 for non-members. Visit <https://arlingtonrotaryclub.org/>

Job Seeking Help. 5-9 p.m. at Columbia Pike Branch Library, 816 S. Walter Reed Drive. Receive job-related help from the staff and volunteers with applications. Free, but requires registration. Visit www.arlingtonva.libcal.com.

The Jewish Council for the Aging has launched a new initiative called Tech Tuesday. Windows 7, Windows 8, Excel, iPad and iPhone, Email, photos, and social media will be covered in these classes held at 1750 Crystal Drive Shops, Suite 1638B Crystal Square Arcade. Visit www.accessjca.org.

Vajrayogini Buddhist Center offers "Meditations for a Meaningful Life" for the general public Tuesdays, 7:30-8:30 p.m. at St. George's Episcopal Church, 915 N. Oakland St., Arlington. Gen Kelsang Varahi, an American Buddhist nun, leads teachings and guided meditations on life. \$10 (\$5 unemployed, full-time students, 65 and older). Visit <http://meditation-dc.org/arlington/> for more.

The Friends of the Planetarium has relaunched its official website. Visit www.friendsofplanetarium.org to find up-to-date show times, a schedule of future events, information about Friends of the Planetarium membership, astronomy news and events, the history of the David M. Brown Planetarium, a link to the Friends' store, and more.

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News I Don't Want to Use



By KENNETH B. LOURIE

But I doubt very much I'll be able to bury the lead. The lead being the start date for the lenvima, the thyroid cancer medication I've been "pilling" once a day since Sept. 3rd, 2020, and more/most importantly, the end date. The end date being the presumptive time frame, two to three years from start to perhaps my finish. The finish being the date in the future when the medication I've been taking for a little over one year eventually stops working, according to medical opinions. And why is this medication's effective life so relevant? Because at this time, it's the best/only alternative to treat my stage IV papillary thyroid cancer. What happens after I can only guess because my oncologist rarely discusses scenarios. It's likely somewhere between a wait and see and why worry - about a set of circumstances years off and a definite maybe at that. Plus cancer research continues.

However, as much as I've benefited from lung cancer research that extended my life so long when I was taking tarceva, avastin and alimta - in that order, "miracle drugs" as my oncologist called them; the underlying reality may have been that I didn't have stage IV non small cell lung cancer at all, but rather slow growing papillary thyroid cancer. A cancer that was neither helped nor hindered during the years I was treated for lung cancer. Unfortunately, I was hindered.

Hindered in that after years of receiving heavy-duty chemotherapy - perhaps for the wrong cancer, I've suffered kidney damage which is irreparable. Specifically, my kidneys are functioning at approximately 50-percent efficiency. Though this deficiency doesn't seem to manifest itself in everyday activities/life, it does affect what cancer medications I can take and even some non-prescription drugs available. As an example, I can't take NSAIDs (ibuprofen/advil) and when I lie down for my quarterly scans, I cannot be given "contrast," an injection given to sharpen the details of the scan. The reason being that I can't take anything that is filtered through the kidney for risk of making a bad situation worse. A situation that perhaps has occurred unnecessarily because of years of receiving lung cancer chemotherapy when I should have been receiving thyroid cancer medication. And as a result of this infusion of toxic chemotherapy into my body, it has affected the treatment of my thyroid cancer.

When my thyroid cancer first appeared as a growth above my Adams apple, subsequent biopsies confirmed that it was in fact thyroid cancer, not a "clone" of my lung cancer. These biopsies lead to a thyroidectomy which surgically removed both my thyroid and parathyroid. But since the uncontained tumor had grown under my collarbone for approximately nine months since it first appeared, the surgeon - after seven hours of trying, was unable to get all the cancer. No real problem. There was another procedure scheduled to eradicate the remaining cancer. It required that I receive an injection of nuclear isotopes and an overnight stay in the hospital.

A procedure, that is generally successful for a cancer that is called "the friendly cancer" because of its curability, was unsuccessful. Why? Because I was only given one third the required dose of the isotope because - the isotopes are filtered through the kidney and my pre-existing kidney damage from the nine-plus years of lung cancer treatment impacted the use of the proper dose. The result? I now have incurable stage IV papillary thyroid cancer and am taking a medication that likely stops working in the next year or two with at present no new options in the medical pipeline. Moreover, the combination of factors that lead to my present situation is not exactly a regular occurrence which would lead to a clinical trial of similarly-affected patients. I'm not entirely on my own, but I'm not on too many others either.

(There's nothing funny in this column because there's nothing funny about my situation.)

Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.

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MODEL# 2532. MSRP \$25,965. LEASE OFFER FOR QUALIFIED LESSEES. BASED ON 36 MONTHS, 10K MILES/YR & \$2999 DUE AT SIGNING. SECURITY DEPOSIT WAIVED. PLUS TAX, TAGS, FREIGHT AND \$789 PROCESSING FEE. FACTORY PROGRAMS SUBJECT TO CHANGE.

NEW 2021 TOYOTA VENZA LE

LEASES STARTING FROM...

\$259
/MO



MODEL# 2810. MSRP \$33,645. LEASE OFFER FOR QUALIFIED LESSEES. BASED ON 36 MONTHS, 10K MILES/YR & \$2999 DUE AT SIGNING. SECURITY DEPOSIT WAIVED. PLUS TAX, TAGS, FREIGHT AND \$789 PROCESSING FEE. FACTORY PROGRAMS SUBJECT TO CHANGE.

NEW 2021 TOYOTA SIENNA HYBRID LE

LEASES STARTING FROM...

\$329
/MO



MODEL# 5402. MSRP \$35,635. LEASE OFFER FOR QUALIFIED LESSEES. BASED ON 36 MONTHS, 10K MILES/YR & \$2999 DUE AT SIGNING. SECURITY DEPOSIT WAIVED. PLUS TAX, TAGS, FREIGHT AND \$789 PROCESSING FEE. FACTORY PROGRAMS SUBJECT TO CHANGE.

SERVICE & PARTS HOURS: MON-FRI 6A-7P & SAT 7A-5P

BATTERY SPECIAL

FREE

BATTERY CHECK-UP
INCLUDES: CHECK COLD CRANKING AMPS AND VISUAL INSPECTION OF BATTERY CONDITION. INCLUDES BATTERY CONDITION PRINT OUT.

TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. TAX AND SHOP SUPPLIES ADDITIONAL. VALID ONLY AT ALEXANDRIA TOYOTA. OFFER ENDS 10/31/21.

LUBE, OIL & FILTER SPECIAL

\$39.95

\$44.95 FOR SYNTHETIC OIL CHANGE
INCLUDES: CHANGE OIL (UP TO 5 QTS.), INSTALL GENUINE TOYOTA OIL FILTER, INSPECT & ADJUST ALL FLUID LEVELS AND COMPLIMENTARY MULTI-POINT INSPECTION WITH PRINT OUT.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER ENDS 10/31/21.

ALIGNMENT SPECIAL

\$89.95

4-WHEEL ALIGNMENT
INCLUDES: 4-WHEEL ALIGNMENT, INSPECT SUSPENSION, BALL JOINTS, STRUTS & SHOCKS, TIRE CONDITION AND SET TIRE PRESSURE.

TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. TAX AND SHOP SUPPLIES ADDITIONAL. VALID ONLY AT ALEXANDRIA TOYOTA. OFFER ENDS 10/31/21.

BRAKE PAD SPECIAL

\$99.95

BRAKE PAD REPLACEMENT
INCLUDES: INSTALL GENUINE TOYOTA FRONT BRAKE PADS, INSPECT FRONT & REAR ROTORS AND/OR DRUMS, CHECK TIRE CONDITION AND INSPECT ALL HARDWARE. TCMC PADS ONLY. MACHINE ROTORS AN ADDITIONAL \$199.95

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL. OFFER ENDS 10/31/21.

TOYOTACARE PLUS

\$329.00

SPECIAL
MAINTAIN PEACE OF MIND BY EXTENDING YOUR TOYOTACARE COMPLEMENTARY MAINTENANCE PLAN TO 4 YEARS/45,000 MILES!

TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. TAX AND SHOP SUPPLIES ADDITIONAL. VALID ONLY AT ALEXANDRIA TOYOTA. OFFER ENDS 10/31/21.

SERVICE VARIABLE DISCOUNT

THE MORE YOU SPEND, THE MORE YOU SAVE!

\$10 OFF... WHEN YOU SPEND \$50-\$99
\$15 OFF... WHEN YOU SPEND \$100-\$199
\$20 OFF... WHEN YOU SPEND \$200-\$499
\$50 OFF... WHEN YOU SPEND \$500+

TOYOTA VEHICLES ONLY. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. TAX AND SHOP SUPPLIES ADDITIONAL. VALID ONLY AT ALEXANDRIA TOYOTA. OFFER ENDS 10/31/21.

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